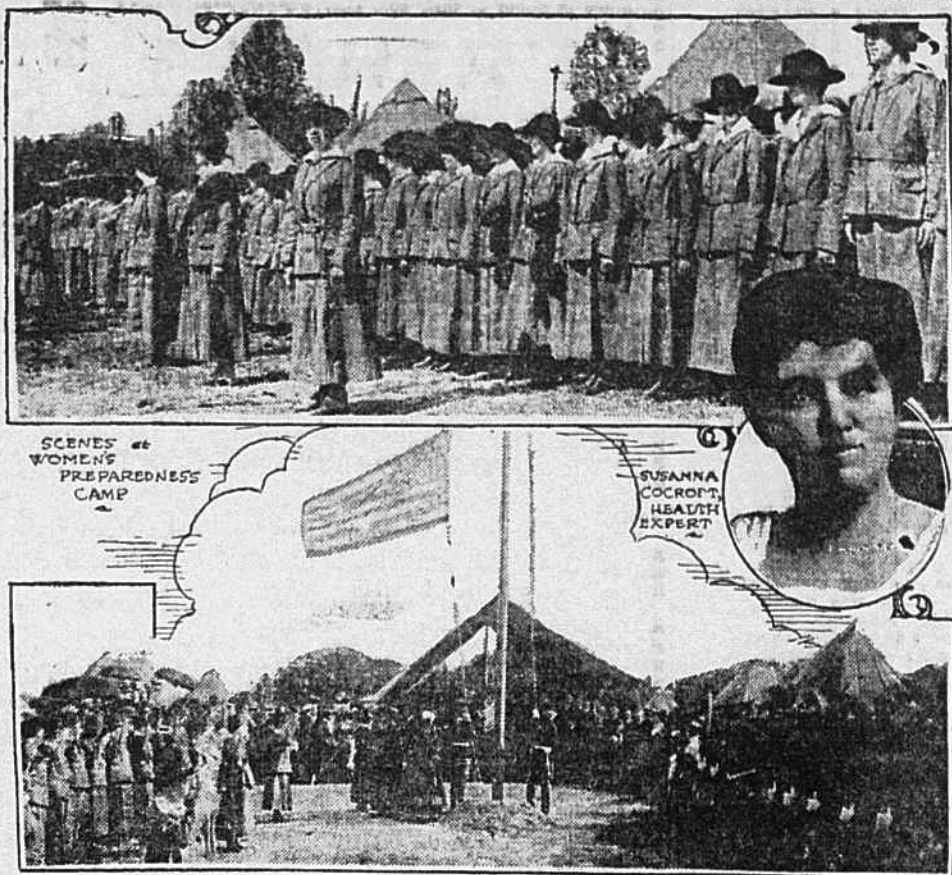


TENT LIFE IN TRAINING CAMPS TO MAKE MORE CAPABLE WOMEN



The woman's training camp idea, rapidly gaining popularity in the United States, received new impetus this week. At the woman's training camp just opened in Washington, where are gathered women from all over the country, Mrs. George Dewey, Mrs. George Barnett, Mrs. Gibson Fahnestock, Mrs. F. F. Fletcher and Mrs. Hugh L. Scott, wife of General Scott now conferring with the Mexicans, were prominent participants.

The President of the United States was present on the opening day and addressed the camp. On this occasion Mrs. Scott, Mrs. Barnett and Mrs. Fletcher, representing the army, marine corps and navy, respectively, "manned" the lanyards and hauled the stars and stripes to the top of the flagstaff.

The physical side of the training camp idea is strongly emphasized in the national capital camp. Susanna Cocroft, the noted health expert, of Chicago, an enthusiastic supporter of the camp idea, was one of the

prominent women invited to talk to the "dimpled rookies."

"I believe in training camps for women," she said, "not because I believe that these will be put to the actual test of war. I hope that this war in Europe will teach us a lesson and that we will never have another. But because I believe every mother's son and daughter will be a better man and a better woman if they will give their time and thought and energy for a certain period of their lives, be it six months or a year, to something outside of their personal interest."

"We of America, in our smug self-complacency, have become too self-centered—puffed up to other than self-interest. The consecration of devoting a definite part of our thought and life and energy to the nation would result in that nation's good, through the good to the individual citizen."

"The self-sacrifice, the surmounting of hardships, the learning to subdue self-will by putting oneself under discipline and guidance of others, the ability to see the good of

the many as above the good of the one, means to build character. It means a broader self and it means the making of men and women."

"To live in tents means to appreciate the value of fresh air. The physical training means the surmounting of minor ailments; it means a recognition of physical conquests over the physical self; it means better health, strength and vitality, and the power of resistance. All of these work for the greater good to the individual and to the nation."

"I should like to see a certain portion of every life given to active work, not idleness, in camp life under direct and definite training."

"Such training, such consecration, would make us realize broader issues; would awaken us to our own and our nation's possibilities. Life, as we came from these camps, would take on a different aspect, greater freedom and greater enjoyment."

"We talk much of self development through unselfishness, but we do not put our ideas into actual practice."

EXPERT TELLS NICE WAYS TO SERVE STRAWBERRIES

Mrs. Anna B. Scott Gives a Variety of Recipes for the Delicious Shortcake.

By Mrs. Anna B. Scott.
(Culinary expert of the Philadelphia North American.)

The strawberry season is again with us, and many good things can be had with these delicious berries. Not only the plain sugar and berries, but the delicious old-fashioned strawberry shortcake; sponge cake with berries and whipped cream, or the berries blended with rice or other fruits, or plain puddings served with berries or the large berries served with the stems.

All recipes are for a family of four persons, two adults and two children.

All spoon measurements are rounded unless otherwise stated (one rounded spoonful equals two level.)

No. 1: Old Fashioned Strawberry Shortcake.

One and one-half cups flour.
One cup milk.
One-half cup sugar.
Two tablespoons shortening.
One-half teaspoonful salt.
One and one-half teaspoons baking powder.

Sift the flour, salt, baking powder and sugar together, rub in the shortening lightly, then add the milk slowly, leaving just enough to brush the top. Turn out on floured bakeboard and pat or roll even (this makes one large jelly tin.) Dust the pan with a little flour, put in the dough and bake fifteen minutes in hot oven. When partly cool, split and spread with butter, then crush three cups strawberries, with one cup granulated sugar, and just before serving pour the berries on the bottom part, lay on the top half and dust with pulverized sugar or cover with whipped cream and garnish with six large strawberries cut in half.

No. 2: Strawberry Shortcake.
One cup sugar.
Two cups flour.
One-half cup shortening.
One-half cup milk.
Two teaspoons baking powder.
Two eggs.

Two tablespoons pulverized sugar. Strawberries.
Cream the sugar and shortening together, add the yolks of the eggs, one at a time and beat constantly; then add the milk very slowly, mixing constantly with a wooden spoon. Sift the flour and baking powder together and add to the mixture, spread on brown paper, half inch thick and bake in moderate oven fifteen minutes. This quantity will fill two nine inch squares. Turn out on cake cloth and wet the paper so it can be removed easily. Beat the whites of eggs until light and dry, and add the pulverized sugar. You can spread jelly on one layer or put berries between. Then spread the meringue (whites of eggs) over the top; dust with pulverized sugar and put in oven until light brown. Before serving, press large red strawberries into the dried meringue, and dust with pulverized sugar.

No. 3 Strawberry Shortcake.
Two cups flour.
One cup milk.
One cup sugar.
One egg.
Two teaspoons baking powder.
One-half teaspoon salt.

One tablespoon melted butter.

Sift the flour, sugar, salt and baking powder into bowl, add the milk and well-beaten egg, then the melted butter; mix well and bake in moderate oven, on a large jelly tin, which has been brushed with melted butter, twelve to fifteen minutes. Crush two cups strawberries with one cup sugar, pour over the cake and serve with whipped cream, or slice the berries and sugar one hour before serving.

No. 4 Strawberry Sponge Cake.

Five eggs.
One cup sugar.
One cup flour.

Beat the eggs and sugar until light (about fifteen minutes). Sift the flour twice, put in the beaten egg and sugar, and mix very lightly. Line a shallow bakepan with brown paper, pour in the mixture, smooth even, bake in hot oven twelve minutes, dust with sugar, turn on cake-cloth, wet the paper so it can easily be removed. This quantity will fill a pan twelve inches square. Cut two cups of strawberries in half, sugar an hour before serving; cover cake with berries, then with whipped cream and garnish with large red berries cut in half.

Bananas with Crushed Strawberries.

Four ripe bananas.
One cup strawberries.

One cup pulverized sugar.
One teaspoon lemon juice.
Skin and scrape the bananas, slice fine and sprinkle the lemon juice over it and then add half the sugar. Put the strawberries through a fruit-press, and pour over top of the bananas, sprinkle the remainder of the sugar. Serve ice cold in ice cream glasses. This makes five portions.

Rice Cones with Crushed Strawberries.

One cup rice.
One cup milk.
One and one-half cups sugar.
Two cups strawberries.
One-half teaspoon salt.
One-fourth teaspoon grated nutmeg.

Wash the rice through several waters; put on with four quarts boiling water. Boil ten minutes uncovered, then drain. Have the milk boiling in top part of double boiler; add the rice, salt, nutmeg and one-half cup sugar. Boil twenty-five minutes covered. This can be poured into custard cups that have been rinsed in cold water, or poured on a platter and shaped into cones after it has been cooled. Serve on a deep platter with the strawberries, which have been crushed with the other cup of sugar; place a medium-sized berry on top of each cone.

Strawberry Tapioca.
One cup granulated tapioca.
Three cups boiling water.
One-half teaspoon salt.
One and one-half cups sugar.
Two cups strawberries.
One tablespoon lemon juice.

One tablespoon tapioca, and add slowly to the boiling water to which the salt has been added. Boil slowly one hour, stirring several times. Set aside to cool; add the one-half cup sugar and the lemon juice and mix well. Pour into a mold which has been rinsed with cold water and set in an ice-cold place until ready to use, or pack in ice the same as ice cream, so it will be very cold. Hull the berries and sugar them with the balance of the sugar. serve on or

around the tapioca. This is a very nice way for children, being wholesome and nutritious.

Strawberry Cornstarch.

Four cups milk. One and one-half cups sugar.

One teaspoon vanilla extract.
One-half teaspoon salt.

Two cups crushed strawberries. Put three cups of the milk in top part of double boiler, and as soon as it comes to a boil add the cornstarch, which has been mixed with the fourth cup of milk; add slowly, stirring constantly; add the salt, vanilla, one-half cup sugar. Boil fifteen minutes, stirring constantly; pour into a bowl or mold and set aside to cool. The individual cups are very nice, as the cornstarch sets and cools quickly. Serve with the crushed strawberries that have been mixed with the other cup of sugar.

Strawberry Salad.

Have nice lettuce leaves from the center of a head (using outside leaves for Dutch salad); make a cup out of the lettuce leaves by crossing the stems; heap a few berries in the center. Sugar and put a teaspoon of mayonnaise dressing on each portion.

Another Way to Serve Strawberries.

Very large red berries are nice rinsed, drained and served with pulverized sugar, without removing the hulls. This makes a change in serving them.

MINING MAN IS A MODERN ENOCH ARDEN

His Whereabouts a Mystery for Fourteen Years, Returns and Remarries Wife.

Like the Enoch Arden of Tennyson's poem, James Denny, a wealthy mining and railroad man of Arizona, who for the last fourteen years was believed to be dead, while in the meantime his wife married and divorced another man, has just returned to Oakland, Calif., and remarried Mrs. Ella R. Dowd.

Mrs. Dowd married Denny in Prescott, Ariz., in 1901. They went to California, and later Denny, then following his occupation of mining and railroading, returned to Arizona in search of employment. His wife heard nothing from him for several years. Although she made diligent search for some clue to his whereabouts, her efforts were fruitless, and in 1906 she married William S. Smith, a grocer, of Allendale, Calif.

But she did not find the happiness she sought. In 1910 she sued for and obtained a divorce on the ground of cruelty. She then assumed the name of a former husband, whose widow she was before she met Denny, and settled down in Oakland with her children.

Recently, a daughter, Miss Mary Dowd, wrote to friends in Arizona, where the family formerly lived and

inquired if they ever had heard of Jim Denny, relating the circumstances of his disappearance. The friend replied that she knew Denny well and that she had given him the message from his step-daughter.

Denny was in Mexico when the revolution broke out and narrowly escaped with his life. He went to Nogales, Ariz., and was there when Mrs. Dowd's letter arrived from California. He started for Oakland at once. He was a family reunion and immediate preparations were made for the remarriage. It was the fourth ceremony for Mrs. Dowd, who is 52 years of age. Her husband is 54.

TEST DRINKING WATER, WARNS DOCTOR DIXON

Urges Observance of Simple Precautions to Avoid Typhoid Fever Dangers.

HARRISBURG, Pa., May 13.—Proper precautions about drinking water may save lives during the coming summer, Dr. Samuel G. Dixon, state commissioner of health, takes cognizance of the approach of the vacation season in his "little talk on health and hygiene," this week, which he entitled "Precautions against Vacation Typhoid."

He briefly, yet emphatically, advises against use of water which is not known to be pure and urges observance of simple precautions. He

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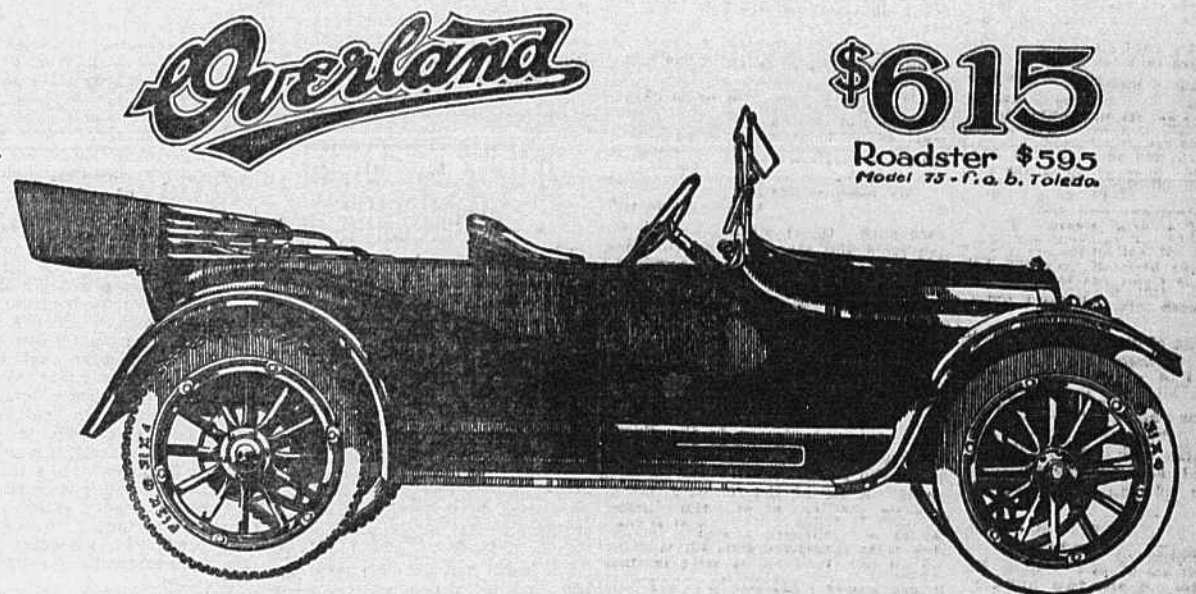
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"While thousands of pollutions have been removed from our streams, it will take years to correct the evils that have been growing ever since our civilization began in this country. If you desire to avoid typhoid fever this coming season, co-operate with those working to improve health conditions. In your travels never depend upon the celebrated town pump, the clearness of the stream or the sparkling waters offered by the wayside dweller to quench your thirst unless you know of the purity of the water."

When in Doubt, Always Boil.

"Depend upon what you carry with you; or if camping, boil the water before using it for domestic purposes. It is better not to indulge in water cooled with natural ice from an unknown source. Do not clean your teeth, rinse your mouth or wash vegetables or fruit to be eaten raw in unknown waters without first boiling it for ten or fifteen minutes."

"There are hundreds of deaths and thousands of cases of typhoid fever in the United States each summer and fall because of failure to observe these precautions. If you send your family to a summer resort without assuring yourself of the purity and safety of the water supply you may be risking their lives."

SAFE

From Fire Now is St. Paul's Cathedral in London.

LONDON, May 13.—For the first time in its long history St. Paul's cathedral is considered safe from

MEN ARE NEEDED.

LONDON, May 13.—The war office has notified the coal owners of England and Wales that 10,000 volunteer miners skilled in tunneling and timbering-up work are needed for the British forces in France. The coal owners are trying to devise a means to supply the men without curtailing the production of coal. These men will not undergo military training.

PRIZES OFFERED.

LONDON, May 13.—A London theatrical man has offered prizes aggregating over \$8,000 for designs for a Shakespearean national theater to be erected in London.

TO BUILD RAILWAY.

PEKING, May 13.—The ministry of communications, in co-operation with the chamber of commerce at Ghefoo, is about to undertake the construction of a railway between Ghefoo and Wei-hsien, in Shantung province. The line will be slightly over 100 miles long, and will connect the important port of Ghefoo with the sister port of Tientsin and a number of interior commercial cities.

fire, adequate fire fighting apparatus having been installed after four years' labor, the hydrants being carried to the top of the famous dome. Although much progress has been made toward making the edifice fire-proof the work in this direction will consume from ten to fifteen years. Great quantities of inflammable material have been removed from the building, including the wooden floors of the galleries. The sum of \$500,000 is being raised to complete the work.

Rats every year destroy about five per cent of the growing sugar-cane in Jamaica.

GIFT BY THE KING.

LONDON, May 13.—King George, who has made a gift of \$500,000 to the treasury for war purposes, is by no means the richest of European monarchs, for though he receives close to \$2,500,000 per year, three-quarters of that sum has to be set aside for official expenses. The king of Italy receives \$3,750,000, the emperor of Germany \$4,600,000 and the emperor of Austria \$5,250,000 from the state, and the two latter like the czar of Russia, have enormous private incomes.

The Italian government is experimenting with sericulture in Libya, which produces many mulberry trees, on the leaves of which silk worms can be fed.

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